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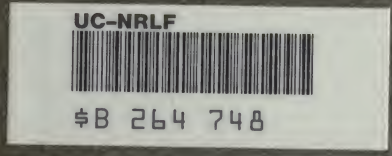

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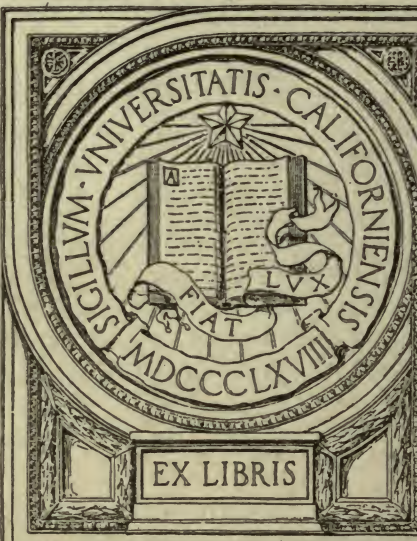

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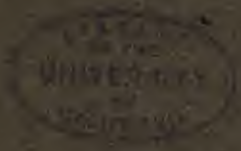
Marching for Gymnasium Use

Alfred T. Halsted, M. D.



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MARCHING FOR GYMNASIUM USE

ALFRED T. HALSTED, M. D.

NEW YORK
THE INTERNATIONAL COMMITTEE OF YOUNG MEN'S
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MARCHING, FOR GYMNASIUM USE.

Alfred T. Halsted, M.D.

Introduction.

A tour among the gymnasiums of our land would doubtless reveal as great diversity in methods of handling men and boys upon the floor as in the character of the exercises given. Everything from the general rush for dumb-bells and the scrambling for "spots" on the floor to the nearest possible approach to military methods would probably be found.

There is no questioning the fact that an orderly way of getting about the gymnasium in class work is conducive to the best interests of the work in general, favoring discipline, self-respect and good carriage, respect for the leader, and *esprit de corps*.

It is desirable that marching orders in the gymnasium should conform as nearly as practicable to those used in military drill, for the sake of uniformity, and to avoid adverse criticism from those accustomed to military tactics.

Certain modifications and peculiarities are necessary or desirable, however, to meet the need of the gymnasium. Where such changes are made it is well to make them agree as nearly as possible with the military form. The writer is indebted to "Infantry Drill Regulations, U. S. Army," for much of the material from which this arrangement is compiled.

The company formation with officers is not followed. In forming the line it is formed single in depth, and every man is as a private in the ranks.

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It is hoped that what follows will prove helpful to many who wish to improve in their floor methods.

Daily Marching Programs.

For convenience commands are here arranged in short programs, somewhat progressive in the order given, each including a method of getting on the floor in position for calisthenic work, and getting off to put up apparatus.

The end of the line at which the shorter men shall be placed and from which the counting off shall begin, the direction of the facings, and the changes of direction commanded while marching, must necessarily be varied according to the arrangement and size of the gymnasium.

If a command involving change in the formation of the column is given when the column is executing a change of direction, it may be preferable to follow the general rule that the second command shall not be executed by the rear of the column till the turn is made. This avoids much confusion at the turn.

Program I.

1. FALL IN COLUMN.
2. ATTENTION.
3. 1. Left (or right), 2. FACE.
4. 1. Break ranks, 2. MARCH.
5. FALL IN LINE.
6. FRONT.
7. Count off by fours, from right (or left) flank.
8. 1. Front take distance, 2. MARCH.
9. 1. Assemble, 2. MARCH.
10. 1. Right hand, 2. SALUTE.
11. 1. Break ranks, 2. MARCH.

Explanations.

1. *Fall in column.* The men form in single column, that is, one behind another according to height, the shortest man

at the head of the column, each placing his hands on the shoulders of the man before him with arms straight and standing perfectly erect. This places the taller men in the rear, which is preferable in arranging the men on the floor for calisthenic work.

2. *Attention.* Each man drops his arms to his sides and takes the position of the soldier as follows: Heels on the same line and as near each other as the conformation of the man permits; feet turned out equally and forming with each other an angle of about ninety degrees; knees straight and without stiffness; body erect on the hips, inclining a little forward, shoulders square and falling equally; arms and hands hanging naturally, backs of the hands outward, elbows near the body; head erect and square to the front, chin slightly drawn in, without restraint; eyes straight to the front.

3. 1. *Left (or right)*, 2. *FACE.* The Swedish method of facing is used, as it gives better base and greater steadiness.

To face to the left, make a quarter turn on the left heel and the ball or toe of the right foot, lift the right foot and place it beside the left; to turn to the right, make a quarter turn on the right heel and the ball of the left foot, lift the left foot and place beside the right.

About, FACE, means a half turn to the right, executed as above.

Left about, FACE, means a half turn to the left.

4. 1. *Break ranks*, 2. *MARCH.* At the command *March* the line is broken, the company being dismissed.

5. *Fall in line.* This is the "Fall In" of U.S. Tactics, but the word "line" is added to distinguish it from the column formation. Each man takes his place according to height, in "dress" position, as follows, the short men being on the right flank:

Close the left hand, place the knuckles against the waist just above the hip, wrist straight, back of hand to

the front. The eyes should be turned slightly to the right, and each man should either move by short side steps to the right till he touches the elbow of his neighbor, or give way from that direction till there is no crowding, and retain his position till the next command, which should always be *Front.* If the short men are on the left flank, the line is dressed to the left, the left hand being on the hip as before.

6. *Front.* Each man drops his arm to his side and turns his eyes to the front.

7. *Counting off.* Each man should turn his head as he speaks his number, thus giving the clue to his next neighbor, immediately turning to the front again. Count off from the flank on which the shorter men are ranged.

8. 1. *Front take distance,* 2. *MARCH.* What the intervals shall be in this command is determined by the arrangement of the men. If in line, as in this case, numbers 1 remain in place, numbers 2 take four steps, numbers 3 take two steps, and numbers 4 take six steps.

At the command *March* all move forward, except numbers 1, each stopping when he has taken his number of steps. If desired, numbers 1 and 3 may be given one side step to the left, when they will be immediately behind numbers 2 and 4.

The shape of the gymnasium will determine the best number in which to count off and the best intervals to be given. If the gymnasium is narrow and the leader is at the end, it is well to form the line along the side, and after taking intervals, face them toward the platform.

9. 1. *Assemble,* 2. *MARCH.* Those in the front rank stand fast; the others move forward to their place in the line. If preferred, each line may wait until those behind have come abreast.

10. 1. *Right hand,* 2. *SALUTE.* Raise the right hand smartly till the forefinger touches the forehead or the lower part of the head-dress above the right eye,

thumb and fingers extended and joined, palm to the left, forearm inclined at about forty-five degrees, hand and wrist straight. At the command *two* (2) the arm is dropped quietly to the side.

In the use of these programs where two directions are given, one in parenthesis, the first right through will preserve the order of the line.

The different commands may be repeated for practice, in which case the order of the program should be resumed, in order to work it out right.

There are two kinds of commands:

The *preparatory* command, such as *forward*, indicates the movement that is to be executed.

The command of *execution*, such as *MARCH* or *HALT*, calls for the execution.

Commands of execution are distinguished by CAPITALS.

The *preparatory* command should be given at such an interval of time before the command of execution as to admit of its being properly understood; the command of *execution* should be given at the instant the movement is to commence.

The tone of command is animated, distinct, and of a loudness proportioned to the number of men under instruction.

Each *preparatory* command is pronounced in an ascending tone of voice, but always in such a manner that the command of execution may be more energetic and elevated.

The command of *execution* is pronounced in a firm and brief tone.

When the execution of a movement is improperly begun and the instructor wishes to begin it anew for the purpose of correcting it, he commands, AS YOU WERE, at which the movement ceases and the former position is resumed.

Program II.

1. FALL IN LINE. (81)
2. FRONT. (82)
3. Count off by fours, from right (or left) flank. (82)
4. 1. Right, 2. FACE. (81)
5. 1. Forward, 2. MARCH.
6. 1. Column left (or right), 2. MARCH.
7. 1. Column left (or right) about, 2. MARCH.
8. 1. Form twos, 2. Right (or left) oblique, 3. MARCH.
9. 1. Left (or right) by file, 2. MARCH.
10. 1. Mark time, 2. MARCH.
11. 1. Company, 2. HALT.
12. 1. Left (or right), 2. FACE.
13. 1. Front take distance, 2. MARCH. (82)
14. 1. Assemble, 2. MARCH. (82)

Explanations.

Explanations which have already been given will be referred to by page, to save space, thus: (82).

5. 1. *Forward*, 2. *MARCH.* March straight forward, advancing the left foot first, taking steps thirty inches in length, at the rate of from 100 to 120 per minute; the latter is the cadence of "quick time," U. S. Army.

Care should be taken to have every man start at the same instant, at the command *March*, and that when marching in column of files, the uniform distance of arms length between the men be retained.

6. 1. *Column left* (*or right*), 2. *MARCH.* The leading man wheels to the left (or right), the other men follow the first and wheel on the same ground. This must be put in whenever necessary to turn corners.

When turning to the left, the command *March* should be given as the left foot of the leader strikes the floor; the right is then advanced, the turn is made on the balls

of both feet, and the left foot is advanced in the new direction. The reverse is observed in turning to the right.

7. 1. *Column left* (*or right*) *about*, 2. *MARCH.* Executed as above, except that the leader wheels in a short half-circle and marches in the opposite direction; those following wheel on the same spot.

8. 1. *Form twos*, 2. *Right* (*or left*) *oblique*, 3. *MARCH.* At the command *March*, numbers 1 and 3 take short steps, or, if room is limited, mark time, till numbers 2 and 4 have obliqued to their sides, respectively, in the direction commanded, when the march is resumed by twos.

9. 1. *Left* (*or right*) *by file*, 2. *MARCH.* At the command *March* the left (or right) man moves forward, the other marking time till disengaged, when he obliques into line behind the others to form column of "files" or single column. Each man must regulate his step so as to keep within arm's length of the next man ahead. Command so as to bring number 1 at the head of the column.

10. 1. *Mark time*, 2. *MARCH.* At the command *March*, given as either foot is coming to the floor, continue the cadence and make a semblance of marching, without gaining ground, by alternately advancing each foot about half its length, and bringing it back on the line with the other.

To resume the full step: 1. Forward, 2. MARCH.

11. 1. *Company*, 2. *HALT.* At the command *Halt*, given as either foot is coming to the floor, one full step is taken and the rear foot is then brought up and planted without shock by the side of the other.

In this and in succeeding series dumb-bells or other apparatus may be taken while marching in column of files, in which case the command *Short Step* (fifteen inches) may be given, to give time to get apparatus and close up to proper distance.

At the end, if hand apparatus has been taken, a facing command may be given, followed by marching commands

for putting away apparatus. Otherwise, *Salute* and *Break ranks* may be given.

Program III.

1. FALL IN LINE. (81)
2. FRONT. (82)
3. Count off by fours. (82)
4. 1. Twos right (or left), 2. MARCH.
5. 1. Column left (or right), 2. MARCH.
6. 1. Column left (or right) about, 2. MARCH.
7. 1. Column right, 2. MARCH.
8. 1. Form fours, 2. Left (or right) oblique, 3. MARCH.
9. 1. Right (or left) by twos, 2. MARCH.
10. 1. Right (or left) by file, 2. MARCH. (85)
11. 1. Company, 2. HALT.
12. 1. Left (or right), 2. FACE. (81)
13. 1. Front take distance, 2. MARCH. (82)
14. 1. Assemble, 2. MARCH. (82)

Explanations.

4. 1. *Twos right* (*or left*), 2. *MARCH.* In executing twos right, numbers 1 and 3 are pivot men, and mark time, turning by short steps to a *right face* from previous position, numbers 2 and 4 wheeling round by regulation steps to face in the new direction, keeping his "dress" distance with the man at his side. In executing twos left, numbers 2 and 4 are pivot men. The twos having wheeled through a quarter circle, the column of twos thus formed marches straight forward till further command is given.

5. 1. *Column left* (*or right*), 2. *MARCH.* At the command *March* the leading two execute the change of direction as in twos right (or left), each succeeding two wheeling on the same ground.

6. 1. *Column left* (*or right*) *about*, 2. *MARCH.* The pivot acts as a movable pivot in this case, turning by short steps through half of a small circle (twenty inches); the man on the marching flank, as the end of a line describing the larger circle is called, takes regulation steps, the pivot turning slowly to face around with him. Having faced in the opposite direction, the head of the column moves off in the new direction, each succeeding two wheeling on the same ground.

8. 1. *Form fours*, 2. *Left* (*or right*) *oblique*, 3. *MARCH.* At the command *March* the leading two of each four take short steps; the rear two oblique in the direction commanded till they uncover the forward two, when they move to the front. The four being formed, the regulation step is resumed. (Fig. 1.)

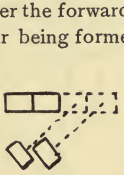

Fig. 1

9. 1. *Right* (*or left*) *by twos*, 2. *MARCH.* The two on the side indicated in the command move straight forward; the remaining two mark time till disengaged, when they oblique into their place behind the others.

Oblique Marching. Each man half faces to side indicated, at the same time stepping in the new direction. He preserves his relative position, keeping his shoulders parallel with those of the man at his side, and so regulates his step as to keep a line drawn through him and the man at his side parallel with such a line drawn when marching forward, abreast. (See A B, Fig. 2.)

The file lines from front to rear should be straight and parallel with the original line of march. (See C D, Fig. 2.)

At the command *Forward, MARCH*, each man half faces to the direction from which he turned and the original direction is taken.

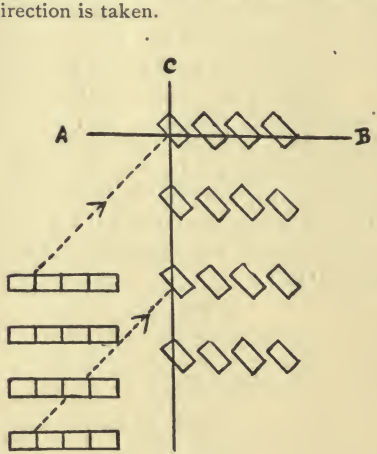

Fig. 2.

PROGRAM IV.

1. FALL IN COLUMN. (80)
2. ATTENTION.
3. 1. Left, 2. FACE.
4. Count off by fours.
5. 1. Fours right (or left), 2. MARCH.
6. 1. Column left (or right), 2. MARCH.
7. 1. Right (or left) by file, 2. MARCH.
8. 1. Company, 2. HALT.

9. 1. Left (or right), 2. FACE.
10. 1. Front take distance, 2. MARCH.
11. 1. Assemble, 2. MARCH.

EXPLANATIONS.

5. 1. *Fours right* (*or left*), 2. *MARCH.* Each four wheel ninety degrees to the right (or left) on a fixed pivot, the pivot turning strictly in his place. The man on the marching flank maintains the full step, moving on the arc of a circle with the pivot man as a center. The men dress on the marching flank, shorten their steps according to their distance from it, and keep their intervals from the pivot. Having executed the quarter turn, the column of fours thus formed marches forward till another command is given. (Fig. 3.)

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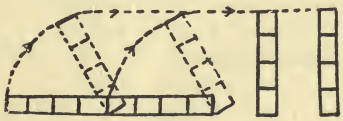


Fig. 3.

6. 1. *Column left* (*or right*), 2. *MARCH.* The leading four execute a turn of ninety degrees in the direction indicated, as described above; the rest wheel on the same ground.

7. 1. *Right* (*or left*) *by file*, 2. *MARCH.* Executed as from twos. (85)

PROGRAM V.

1. FALL IN LINE.
2. FRONT.
3. Count off double ones and twos.

4. 1. Right (or left), 2. FACE. (81)
5. 1. Forward, 2. MARCH. (84)
6. 1. Form twos, 2. Left (or right) oblique, 3. MARCH. (85)
7. Bring column up facing platform.
8. 1. Open order, 2. MARCH.
9. 1. Close order, 2. MARCH.
10. 1. Forward, 2. Column left (or right), 3. MARCH.
11. 1. Right (or left) by file, 2. MARCH.

EXPLANATIONS.

3. *Count off double ones and twos.* The first two take the number one; the third and fourth, two; the fifth and sixth, one, etc.

8. 1. *Open order*, 2. *MARCH.* This is a Swedish method, and either as given here or as will be given later is a very good one. At first, to secure precision of execution, count one, two, three, after giving the command.

1. All take one side step outward.
2. All take one side step outward.
3. Numbers 1 take one side step to the left, numbers 2 one side step to the right.

9. 1. *Close order*, 2. *MARCH.* Count as in No. 8, one, two, three, till precision is obtained.

1. Ones, one step to right, twos, one step to left.
2. All one step inward.
3. All one step inward.

10. 1. *Forward*, 2. *Column left* (*or right*), 3. *MARCH.* This command puts the column in motion and changes direction at the same time.

PROGRAM VI.

1. FALL IN COLUMN.
2. ATTENTION.
3. Count off triple ones and twos.
4. 1. Right (or left), 2. FACE.

5. 1. Forward, 2. Column left (or right) about, 3. MARCH. (85 and 87)
6. 1. Column right (or left), 2. MARCH.
7. 1. Form threes, 2. Right (or left) oblique, 3. MARCH.
8. Bring up facing platform.
9. 1. Open order, 2. MARCH.
10. 1. Close order, 2. MARCH.
11. 1. Forward, 2. Column left (or right), 3. MARCH.
12. 1. Left (or right) by file, 2. MARCH.

EXPLANATIONS.

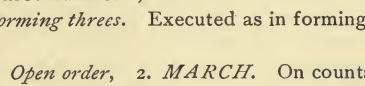
3. *Count off triple ones and twos.* First three number 1, second three number 2, etc.

7. *Forming threes.* Executed as in forming twos and fours.

9. 1. *Open order*, 2. *MARCH.* On counts one, two, and three, the middle column stands fast, while the rest take one step outward.

On count four, ones take one step left, twos one step right.

This will place the men as follows:



10. 1. *Close order*, 2. *MARCH.* On count one, ones take one step right, twos one step left.

On counts two, three and four, the middle column stands fast, while the rest take one step inward.

PROGRAM VII.

1. FALL IN COLUMN.
2. ATTENTION.
3. 1. Left (or right), 2. FACE.

4. Count off by fours.
5. 1. Fours right (or left), 2. MARCH. (89)
6. 1. Column left (or right), 2. MARCH. (89)
7. 1. By the left (or right) flank, 2. MARCH.

Repeat for practice, and from column of fours give

8. 1. Right (or left) by file, 2. MARCH.
9. 1. Fours by the left (or right) flank, 2. Take intervals, 3. MARCH.
10. 1. Right, 2. FACE.
11. 1. Forward, 2. Close order, 3. MARCH.
12. 1. Column left about, 2. MARCH.

EXPLANATIONS.

7. 1. *By the left (or right) flank*, 2. *MARCH.* At the command *March*, given as the left foot strikes the ground for left flank, or as the right foot strikes the ground for right flank, advance the other foot, turn in the direction indicated, on the balls of both feet, and step off in the new direction with the foot on the side to which the flank movement is to be executed. Give the same command, with the opposite direction, to resume column of fours. (Fig. 4.)

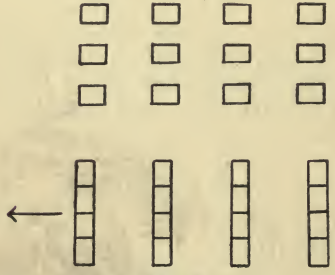


Fig. 4.

9. 1. *Fours by the left* (*or right*) *flank*, 2. *Take intervals*, 3. *MARCH*. This command may be given when the men are marching in column of files across the gymnasium on the side opposite the platform, to bring them toward the platform for calisthenic work. The preparatory command must be given at such time that the command of execution may be given as the first four are just opposite the platform. The four will execute the flank movement as taught under No. 7 of this series.

The "intervals," in this case, will be a space of from six to seven feet between each two men, and may be taken by raising the arms to side horizontal and allowing from six inches to a foot between the outstretched hands. The men spread out as they march toward the platform. Only the command *MARCH* need be repeated for succeeding fours to indicate when the flank turn is to be made. They then spread out, dressing behind the front rank, at an interval of six to seven feet behind them. (Fig. 5.)

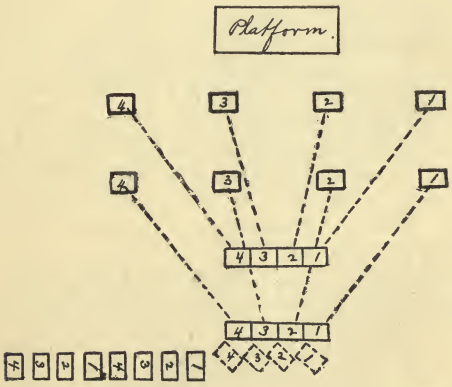


Fig. 5.

If desired, the men may be commanded to count off by fives and fours, and the fours instructed to dress in the intervals between the fives, thus:

5 4 3 2 1
4 3 2 1
5 4 3 2 1
4 3 2 1

11. 1. *Forward*, 2. *Close order*, 3. *MARCH.* At the command *March* the head of each column of files marks time, while those behind close to arm's length, when all mark time till the next command is given.

12. 1. *Column left about*, 2. *MARCH.* When arranged in this manner this command is to be executed as follows: The column on the left executes left about, and each column on the right successively falls into place in the rear of the forming column-of-the-whole.

Program VIII.

1. FALL IN LINE.
2. FRONT.
3. Count off by fours.
4. 1. Fours left (or right), 2. MARCH.
5. 1. Company, 2. HALT.
6. 1. Right, 2. FACE.
7. 1. Front take distance, 2. MARCH.
8. 1. Twos and fours two side steps to right (or left), 2. MARCH.
9. 1. Twos and fours two side steps to left (or right), 2. MARCH.
10. 1. Forward, 2. Close order, 3. MARCH.
11. 1. Column right (or left), 2. MARCH.

Explanations.

5. 1. *Company*, 2. *HALT.* Given when fours come to an angle of ninety degrees from original position.

7. 1. *Front take distance*, 2. *MARCH.* When in this position this command means that the forward man shall take six paces, the next four, the next two, and the last remain in place; or such similar intervals as the dimensions of the gymnasium make desirable.

8 and 9. These are self-explanatory, the latter to be given after calisthenic work.

11. 1. *Column right* (*or left*), 2. *MARCH.* To be executed like No. 12, page 94.

In place of this way of getting into march, after No. 10 has been executed and *Halt* called, Left (or right) *Face* may be given, followed by Fours right (or left) *March*, and Company, *Halt*, as they come into line. A facing command will then form the column.

Program IX.

1. FALL IN LINE.
2. FRONT.
3. Count off by fours.
4. 1. Right forward, 2. Fours right, 3. MARCH.
5. 1. Right by file, 2. MARCH.
6. 1. Form fours, 2. Left (or right) oblique, 3. MARCH.
7. 1. To the right (or left) take intervals, 2. MARCH.
8. 1. To the left (or right) assemble, 2. MARCH.
9. Put in column of files in any way desired.

Explanations.

4. 1. *Right forward*, 2. *Fours right*, 3. *MARCH.* At the command *MARCH* the right four moves straight to the front, shortening the first three or four steps; the other fours wheel to the right, each on a fixed pivot, the second four, when its wheel is two-thirds completed, wheels to the left on a movable pivot, and follows the first; the other fours, having wheeled to the right, move

forward, and each wheels to the left on a movable pivot to follow the second.

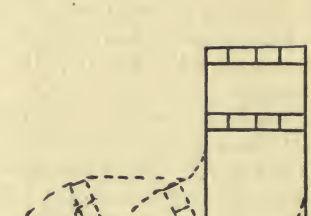


Fig. 6.

6. 1. *Form fours*, 2. *Left* (*or right*) *oblique*, 3. *MARCH.* In forming fours from column of files, No. 1 or No. 4, whichever may be the leading man of each four, marks time till the others of the four are abreast, when the full step is resumed.

7. 1. *To the right* (*or left*) *take intervals*, 2. *MARCH.* Having brought the column of fours up to the side of the room and halted them, and having assigned to the three men on the side toward which the movement is to be executed the intervals, 9, 6, and 3 paces, or 12, 8, and 4 paces, the above command is executed as follows: at the command *March* the three men who are to take intervals turn and march, each his required distance, and then face forward; the fourth man remains in place.

8. 1. *To the left* (*or right*) *assemble*, 2. *MARCH.* This is executed the reverse of the above. The man on the side to which the men are commanded to assemble stands fast; the rest turn, on the command *March*, move to within facing distance, and face forward.

Program X.

1. FALL IN LINE.
2. FRONT.
3. 1. Forward, 2. Guide right (or left), 3. MARCH.
4. 1. Fours right (or left), 2. MARCH.
5. 1. Fours left (or right) about, 2. MARCH.
6. 1. Fours right, 2. MARCH, 3. Guide right (or left).
7. 1. To the rear, 2. MARCH.
8. 1. By the left flank, 2. MARCH.
9. 1. Company, 2. HALT.
10. 1. Front take distance, 2. MARCH
11. 1. Assemble, 2. MARCH.

Explanations.

3. 1. *Forward*, 2. *Guide right* (*or left*), 3. *MARCH.* The men step off, the guide marching straight to the front. The men preserve their intervals toward the side of the guide, yielding to pressure from that side and resisting pressure from the opposite direction. While habitually keeping the head to the front, they may occasionally glance toward the side of the guide to preserve alignment and intervals. The head is turned as little as possible for this purpose.

4. 1. *Fours right* (*or left*), 2. *MARCH.* Having turned through ninety degrees, the column of fours thus formed marches straight forward.

5. 1. *Fours left* (*or right*) *about*, 2. *MARCH.* Each four turns through a half circle on a fixed pivot, and the column of fours thus formed in reversed order marches straight forward.

6. 1. *Fours right*, 2. *MARCH*, 3. *Guide right* (*or left*). The guide is announced as the fours come into line.

7. 1. *To the rear*, 2. *MARCH.* At the command *March*, given as the right foot strikes the ground, advance and plant the left; then turn on the balls of both feet, face to the right about, and immediately step off with the left foot.

MISCELLANEOUS.

Following are a few commands which may be needed or desired occasionally, but which have been given no special place in the "Daily Programs."

1. *Short step*, 2. *MARCH.* Take steps of fifteen inches. The full step is resumed at the commands 1. *Forward*, 2. *MARCH.*

1. *Backward*, 2. *MARCH.* Step back with the left foot fifteen inches straight to the rear, measuring from heel to heel, then with the right foot, and so on, the feet alternating.

1. *Left* (*or right*) *step*, 2. *MARCH.* Carry the left foot twelve inches to the left, keeping knees straight and shoulders square to the front. As soon as the left foot is planted bring the right foot to the side of it, and continue the movement, observing the cadence for each foot, as for quick time.

1. *Change step*, 2. *MARCH.* Given when in march. At the command *March*, given as the right foot comes to the floor, the left foot is advanced and planted. The toe of the right is then advanced near the heel of the left, the man again stepping off with the left. The change on the right foot is similarly executed, the command *March* being given as the left foot strikes the floor.

When men are seen to be out of step, the command *Step* is given. The step is then taken from the head of the column, those out of step catching the step as indicated above.

1. *On tiptoe*, 2. *MARCH.* This is convenient sometimes for exercise of calf muscles or to correct heavy, flat-footed marching. It needs no explanation.

1. *Right* (*or left*) *side skip*, 2. *MARCH.* This may be given with the run on a running track or in the field for vigorous exercise and to develop the muscles of the side and inner thighs.

Turn, facing at right angles to the direction in which the skip is to be executed, for example, to the right; spring sideways thirty-six inches or more, landing on the ball of the right foot, the knee bending sufficiently for a springy movement. Spring again to the right, bringing the left down in the place of the right as the right is carried to the side in the next skip. From eighty to one hundred skips per minute is a good rate.

Quick time. This is the usual cadence, 120 steps, of thirty inches each, per minute.

Double time. One hundred and eighty steps, of thirty-six inches each, per minute. Command, 1. *Forward*, 2. *Double time*, 3. *MARCH.* At the command *Forward* throw the weight of the body on the right leg; at the command *Double time* raise the hands till the forearms are horizontal, fingers closed, nails toward the body, elbows to the rear.

At the command *March* carry forward the left foot, leg slightly bent, knee somewhat raised, and plant the foot thirty-six inches from the right; continue this alternate movement of the feet, throwing the weight of the body forward, and allowing a natural swinging motion of the arms. To resume ordinary cadence, command 1. *Quick time*, 2. *MARCH.*

Field Drill.

The following is a drill which may be used as arranged, when there is room for more extended manœuvers, as in a field. It is based on the same formation as already given for use in the gymnasium, and is only an extension of gymnasium tactics, which may be of use sometimes in place of regular military formation and training.

Only such explanations as have not already been given will be included here.

1. FALL IN COLUMN.
2. ATTENTION.
3. 1. Left (or right), 2. FACE, or
1. FALL IN.
2. 1. Right (or left), 2. DRESS.
3. FRONT.
4. Count off by fours (from right flank).
5. 1. Right, 2. FACE.
6. 1. Mark time, 2. MARCH.
7. 1. Forward, 2. MARCH.
8. 1. Column left (or right), 2. MARCH.
9. 1. Column left (or right) about, 2. MARCH.
10. 1. Form twos, 2. Left (or right) oblique, 3. MARCH.
11. Changes of direction in column of twos.
12. 1. Form fours, 2. Left (or right) oblique, 3. MARCH.
13. 1. Column left (or right), 2. MARCH.
14. 1. Change step, 2. MARCH.
15. 1. Right (or left) by twos, 2. MARCH.
16. 1. Right (or left) by file, 2. MARCH.
17. 1. Form fours, 2. Left (or right) oblique, 3. MARCH.
18. 1. Incline to the left (or right), 2. MARCH.
19. 1. Forward, 2. MARCH.
20. 1. Left (or right) oblique, 2. MARCH.
21. 1. Forward, 2. MARCH.
22. 1. Column half left (or right), 2. MARCH. (Repeat.)
23. 1. By the left (or right) flank, 2. MARCH.
24. The above in opposite direction to resume column of fours.

25. 1. Fours left (or right), 2. MARCH, 3. Guide left (or right).
26. 1. Fours right (or left), 2. MARCH.
27. 1. Left (or right) front into line, 2. MARCH.
28. 1. Company, 2. HALT.
29. FRONT.
30. 1. Right (or left) forward, 2. Fours right (or left), 3. MARCH.
31. 1. Fours left (or right) about, 2. MARCH.
32. 1. On right (or left) into line, 2. MARCH.
33. 1. Company, 2. HALT.
34. FRONT.
35. 1. Fours right, 2. Column right (or left), 3. MARCH.
36. 1. Fours left, 2. MARCH, 3. Guide right (or left).
37. 1. To the rear, 2. MARCH. (Repeat.)
38. 1. Company, 2. HALT.
39. 1. Right, 2. DRESS.
40. FRONT.
41. 1. Right (or left) hand, 2. SALUTE.
42. 1. Break ranks, 2. MARCH.

Explanations.

18 and 19. 1. *Incline to the left (or right)*, 2. *MARCH.* 1. *Forward*, 2. *MARCH.* A slight change of direction as for clearing an obstacle in front of one side of the column. The command 1. *Forward*, 2. *MARCH* is given to resume the original direction.

22. 1. *Column half left (or right)*, 2. *MARCH.* A change of direction forty-five degrees from original line of march. Repeat command for practice and to get line where it is wanted for further work.

27. 1. *Left (or right) front into line*, 2. *MARCH.*

28. 1. *Company*, 2. *HALT.*

29. *FRONT.* At the command *March* the leading four moves straight to the front, dressing to the right if the command is *left front*, or vice versa; the other fours

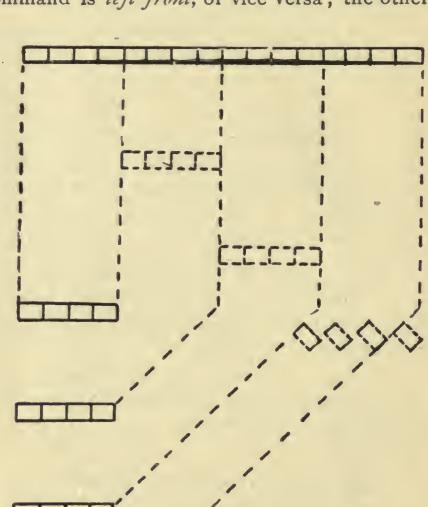


Fig. 7.

oblique in the direction indicated in the command till opposite their places in line, when each marches to the front.

At the command *Halt*, given when the leading four has advanced a short distance, it halts and dresses as indicated above. The other fours halt and dress in the same way upon arriving in the line. The command *Front* is given when the last four is in place and has dressed.

32. 1. *On the right* (*or left*) *into line*, 2. *MARCH.*

33. 1. *Company*, 2. *HALT.*

34. *FRONT.* At the command *March* the leading four wheels to the right on a movable pivot and moves forward, dressing to the right. Each of the other fours

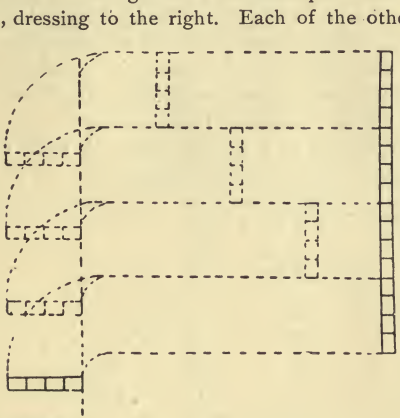


Fig. 8.

marches a distance equal to its front beyond the wheeling point of the four next preceding, wheels to the right and advances as explained for the first four.

At the command *Halt*, given when the leading four has advanced a short distance in the new direction, it halts and dresses to the right; the other fours halt and dress as they arrive in line. The command *Front* is given when the last four has come into line and dressed.

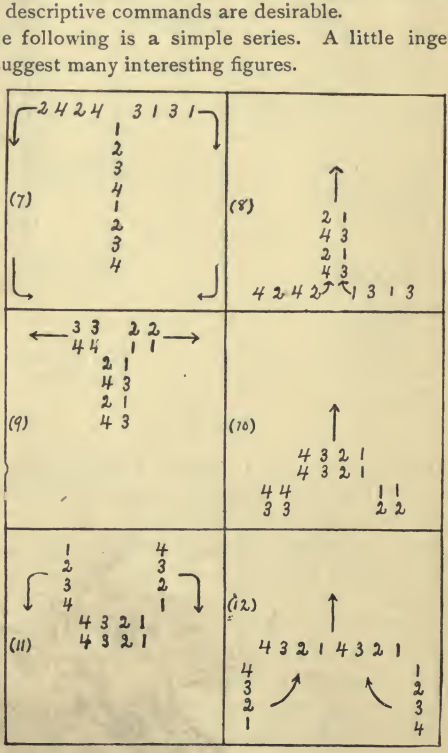
35. 1. *Fours right*, 2. *Column right* (*or left*), 3. *MARCH.* Execute *fours right* and then change direction. The first four executes right about (180 degrees) and marches in

the direction it is then facing; the remaining fours wheel on the same ground.

Fancy Marching.

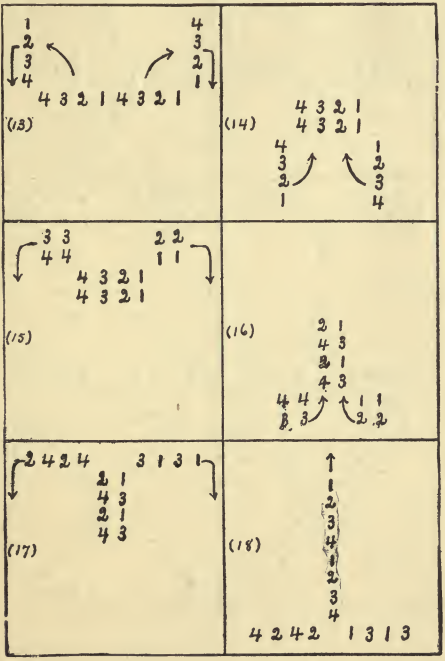
There is a range of figure or "fancy" marching to much of which military commands are not applicable. This style of marching is very interesting to some classes, and may occasionally be used in exhibitions to good advantage. Brief descriptive commands are desirable.

The following is a simple series. A little ingenuity will suggest many interesting figures.



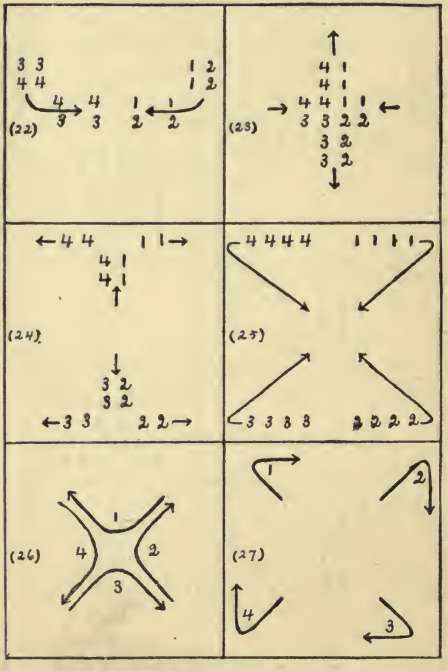
Sixteen is a good number for this drill. A square from twenty to forty feet on a side is necessary, preferably the latter. The commands are as follows, the diagrams explaining them:

1. FALL IN LINE.
2. FRONT.



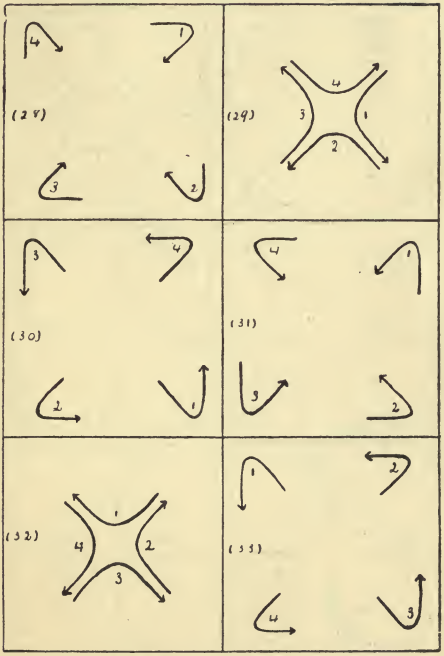
3. Count off by fours.
4. 1. Right, 2. FACE.
5. 1. Forward, 2. MARCH.

6. Changes of direction to bring column marching toward leader's platform.
7. Right and left.
8. Form Twos.



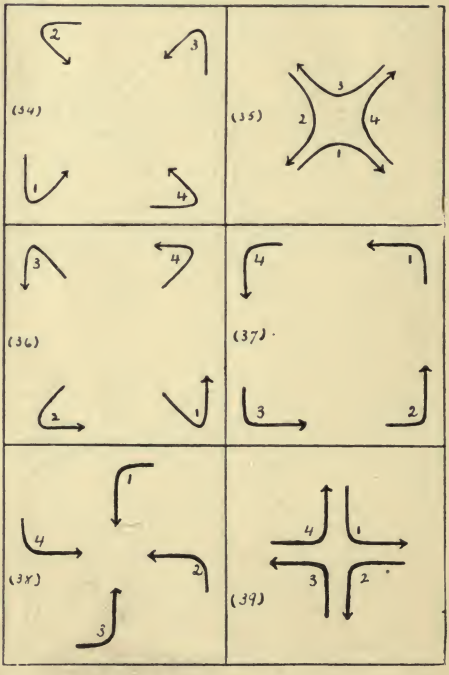
9. Twos right and left.
10. Form Fours.
11. Fours right and left.
12. Form Eights.

13. Fours right and left.
14. Fours alternate.
15. Twos right and left.
16. Twos alternate.



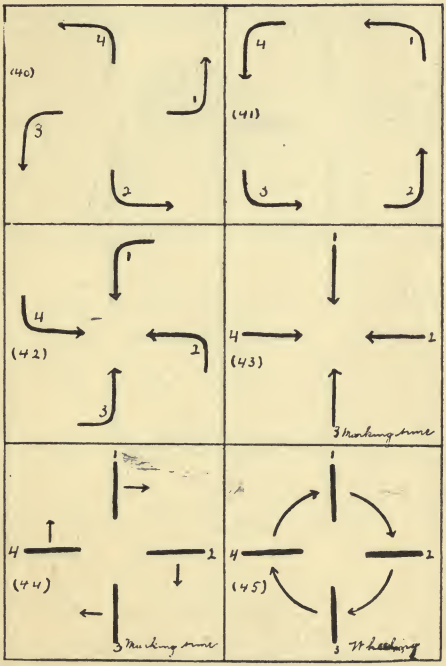
17. Right and left.
18. Alternate.
19. Right and left. (Fig. 7.)
20. Form Twos. (Fig. 8.)

21. Twos right and left. (Fig. 9.)
22. To center (given at middle of sides).
23. To sides (meaning middle of sides).
24. To corners.



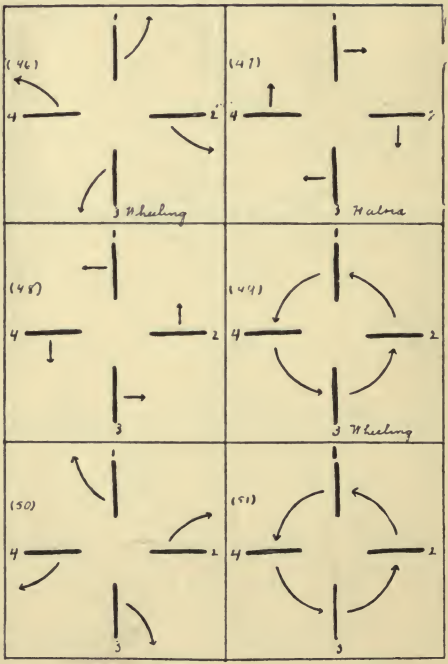
25. To center.
26. Right to corners.
27. Right to corners.
28. To center.

29. Left to corners.
30. Left to corners.
31. To center.
32. Right to corners.



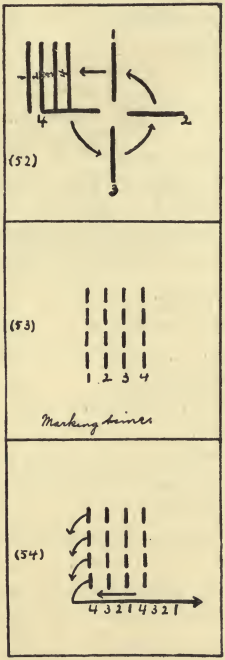
33. Left to corners.
34. To center.
35. Right to corners
36. Left to corners.

37. Left to middle,
38. To center.
39. Left to sides.
40. Left to corners.



41. Left to middle.
42. To center.
43. Mark time.
44. Left Face.

45. Right Wheel.
46. Left Wheel.
47. Company Halt.
48. About, Face.



49. Left Wheel.
50. Right Wheel.
51. Left Wheel.

52. 1. Left tangent,
    2. Short Step,
    3. MARCH.
53. 1. Mark time,
    2. Close order,
    3. MARCH.
54. 1. In single column,
    2. Left about,
    3. MARCH.

Possible Changes.

The following is suggestive of the commands which may properly be given when the men are in any given order. Each command of any series is made possible by the arrangement indicated at the beginning of the series. The commands are not intended to follow each other.

1. From line at halt.
    1. Dressing commands.
    2. Facings.
    3. Forward, MARCH.
    4. Backward, MARCH.
    5. Side step.
    6. Twos, threes, or fours right (or left).
    7. Twos, threes, or fours right (or left), column right (or left).
    8. Twos, threes, or fours right (or left), column right (or left) about.
    9. Right (or left) forward, fours right (or left).
    10. Front take distance, MARCH.
2. From line in march.
    1. To the rear.
    2. By the right (or left) flank.
    3. Twos, threes, or fours right (or left).
    4. Twos, threes, or fours right (or left), column right (or left).

5. Twos, threes, or fours right (or left), column right (or left) about.
6. Right (or left) forward, fours right (or left).

3. From column of files in march.

1. Column right (or left).
2. Column right (or left) about.
3. To the rear.
4. By the right (or left) flank.
5. Form twos.
6. Form fours.
7. Oblique, MARCH.

4. From column of twos in march.

1. Column right (or left).
2. Column right (or left) about.
3. Twos right (or left).
4. Twos right (or left) about.
5. To the rear.
6. By the right (or left) flank.
7. Form fours.
8. Right (or left) by file.
9. Oblique, MARCH.

5. From column of fours in march.

1. Column right (or left).
2. Column right (or left) about.
3. Fours right (or left).
4. Fours right (or left) about.
5. To the rear.
6. By the right (or left) flank.
7. Oblique, MARCH.
8. Right (or left) by twos.
9. Right (or left) by file.
10. Right (or left) front into line.
11. On right (or left) into line.

References.

For the convenience of those wishing to study the subject further is appended a partial list of books and articles which may prove helpful.

Infantry Drill Regulations, U. S. A.

Light Gymnastics, Wm. G. Anderson.

A Primer of Physical Training, Wm. G. Anderson.

School Tactics, Wm. A. Stecher.

Figure Marching, Gymnast and Athletic Review, 1893 and 1894.

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